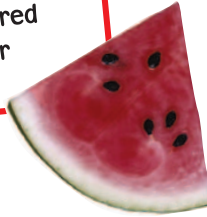




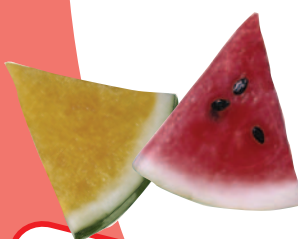
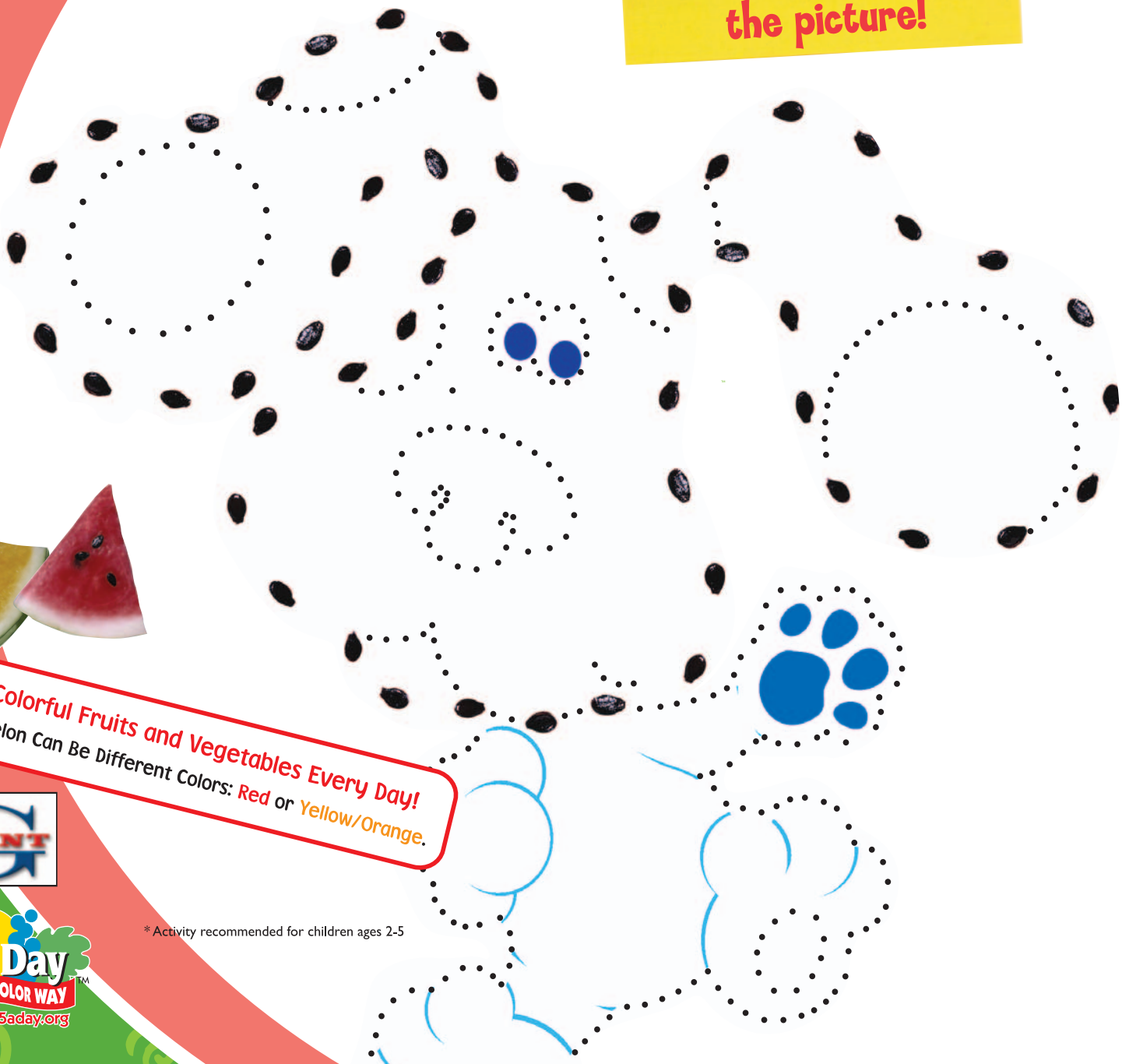
Watermelon

Watermelon

Watermelon is a delicious fruit found in the **red** or **yellow/orange** color group. Eat lots of red fruits and vegetables to help keep your heart healthy!



Connect the watermelon seeds to see which friend also loves watermelon. Then, connect the dots and color the picture!



Eat Colorful Fruits and Vegetables Every Day!
Watermelon Can Be Different Colors: **Red** or **Yellow/Orange**.



* Activity recommended for children ages 2-5

Blue's
Clues

10TH ANNIVERSARY

Watermelon

PARENT TIPS

- Watermelons can be cut in many different ways for snacking: sliced, scooped into melon balls, or cut into chunks!
- A 2-cup serving is an excellent source of vitamin C and vitamin A.
- Serve watermelon as a side dish with a sandwich or an entrée.
- Grill watermelon for less than 30 seconds.
- Use cookie cutters to cut out shapes.
- Use the base of the watermelon to hold fruit salad.
- Toss watermelon chunks on a salad or on top of yogurt.
- Freeze and add to your favorite beverage.



Watermelon Breakfast Lasagna

Preparation Time: 10 minutes

4 cups corn flakes
2 cups minced watermelon
2 cups fresh blueberries or
sliced strawberries (or 1 cup of each)
2 cups low-fat vanilla yogurt

Layer $\frac{1}{2}$ of corn flakes evenly in bottom of 8"x 8" serving dish. Mix together watermelon, blueberries and/or strawberries, and yogurt; spoon half of fruit mixture evenly over corn flakes. Sprinkle half of remaining flakes over fruit mixture; top with remaining fruit mixture. Finish with layer of corn flakes.

Serves: 4 **1 Cup of Fruit per serving**

Nutritional Information per serving:
calories: 262, total fat: 2g, saturated fat:
1g; % calories from fat: 3%, % calories from
saturated fat: 5%, protein: 9g, carbohydrates:
55g, cholesterol: 6mg, dietary fiber: 3g,
sodium: 285mg



A great recipe for parents and children to make together.

Recipe is courtesy of Produce for Better Health Foundation. All PBH endorsed recipes meet the nutrition standards that maintain fruits and vegetables as healthy foods.



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NICK JR.

